

Management of *Vicharchika* (Eczema) with *Securinega Leucopyrus* and Sesame Oil: A Case Study

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Abstract

Vicharchika (Eczema) is one kind of skin disorder and hampers the quality of life of an individual. If eczema is at the working part particularly hands then it causes routine disturbances of work. In Ayurveda *Vicharchika* is one kind of *twaka vicar* (skin disorder) and included in the broad heading *Kushta*. The management of *Kushta* is according to the types like *Shodhan* and *Shaman* as prescribed by all acharyas. In this case report a 45 years male patient of eczema at fingers of left hand since last 2 months visited Ayurved hospital for treatment. Patient had complaints of severe throbbing pain, watery discharge, itching and swelling of first, middle and ring fingers of left hand with superficial ulcerations. He had taken treatment for that from local doctor but did not have relief so he consulted to our hospital. The x-ray of affected hand shows mild infective changes with soft tissue swelling. So this case was diagnosed as eczema with cellulitis at left hand and was treated successfully with powder of *Securinega leucopyrus* and sesame oil. Wound was cleaned with normal saline and then applied paste of *S. leucopyrus* leaves powder mixed with sesame oil daily once in the morning. The swelling, eczema and ulcerations relieved completely within 15 days. So this case study highlighted that eczema with cellulitis can be treated with local application of *S. leucopyrus* paste.

Keywords: Ayurveda; Eczema; *Kushta*; *Securinega Leucopyrus*; *Vicharchika*.

Introduction

Vicharchika is one kind of *twaka vicar* (skin disorder) and included in the broad heading *Kushta*. It is considered as *Kshudra Kushta* by acharya Sushruta and mentioned its management in various aspects [1]. The cardinal symptoms includes *Pidaka* (Pustules), *Srava* (Discharge), *Kandu* (Itching), *Raji* (Scratches), *Ruja* (Pain), *Vaivarnya* (Discoloration of skin)[2]. In Ayurveda there are many formulation for internal and topical application and also para surgical approach like *raktamokshan* as last options. On the basis of clinical features *Vicharchika* can be correlated with eczema in modern parlance.

The existing treatment in modern medicine in skin care units or specialist treat the patients with

reassurance, avoidance of causative factors and palliative measures and sometimes patient kept on steroids [3]. It can be inferred that there is no specific medication which give complete cure of eczema. Other available therapies in chronic cases are hydrotherapy, X-ray therapy electro therapy, ultraviolet therapy, etc with their own limitations.

Securinega leucopyrus is a desert climatic plant found in Colombo, Sri Lanka known as *Katupila* also known as "Spinous fluggea" in English. This species is also found in some part of Saurashtra, Gujarat [4]. It consists of *qwasitrin*, albumin, resins and coloring agents. *S. leucopyrus* leaves are said to be an antiseptic and its paste is used in folklore to extract any extraneous materials from body [5]. Previous research work conducted on *S. leucopyrus* from Sri Lanka showed encouraging results in case of diabetic wound [6].

Case Report

A male patient of age 45 years visited outpatient department IPGT & RA Hospital, Jamnagar with eczema and ulcers at fingers of left hand since two months. Patient had complaints of severe throbbing

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pain, watery discharge, itching and swelling of first, middle and ring fingers of left hand with superficial ulcerations. Local examination revealed that small wounds at first, middle and ring fingers, serous discharge and swelling at hand (Figure 1). He had taken treatment for that from local doctor but did not have relief so he consulted to our hospital. Patient's occupation was auto driving for 6-8 hours daily. Patient reported history of tea, smoking bidi and alcohol addiction. He had no any history of cardiac diseases, diabetic mellitus, tuberculosis, venereal diseases, bronchial asthma, anemia and any other major illness. Routine blood investigation for complete blood count (CBC), blood sugar level and serum creatinine were normal except increased white blood corpuscles (WBC) and neutrophils (Table 1). X-ray of left hand showed that distal phalynx of second figure showed mild infective changes with soft tissue swelling. So this case was diagnosed as *Vicharchika* (eczema with cellulitis) and admitted for Ayurved management in Shalya male ward for management with application of herbal paste.

Result and Discussion

In first consultation patient had severe throbbing pain, watery discharge, itching and swelling of first, middle and ring fingers of left hand with superficial ulcerations. All the affected part was cleaned with normal saline and then applied *S. leucopyrus* leaves powder mixed with sesame oil (Figure 2). The left hand was kept elevated with collar and sling. The symptoms like throbbing pain, swelling and watery discharge was reduced and the fingers became clean with mild swelling and superficial ulceration within 7 days (Figure 3). Treatment continued daily in the morning and superficial ulcerations, swelling was relieved completely. All symptoms of *Vicharchika* that is eczema, swelling, pain, ulcerations were relieved with white scars on the fingers within 15 days (Figure 4).

According to Sushruta, among the 60 measures of comprehensive wound management, *Kalka* (paste) is indicated in cases of inflammations and chronic wounds which are reluctant to heal[7]. The paste

Table 1: Investigations at baseline

Investigations	Before Treatment
TLC	6900/cu mm
DLC	N-56, L-36, E-6, M-2
Hb%	11.9 gm%
ESR Westergreen	78 mm per hour
Platelet	262 mil/cu mm
BT	1 min 25sec
CT	3 min 30 sec
FBS	89 mg/dl
PPBS	133 mg/dl
Blood urea	30 mg/dl
Serum creatinine	0.8 mg/dl
SGPT	13 IU/L
SGOT	33 IU/L
S. Bilirubin (T)	0.6 mg/dl
S. Bilirubin (D)	0.3 mg/dl
Alkaline phosphatase	75 IU/L
HIV, VDRL, HBSAg	Non-reactive



Fig. 1: *Vicharchika* with cellulitis before treatment



Fig. 2: Applied *S. leucopyrus* leaves powder and sesame oil



Fig. 3: After 7 days treatment



Fig. 4: After 15 days treatment with scar

performs both the functions of cleansing as well as healing in non healing wounds. Sesame oil has the properties like *Vrana Shodhan* (wound cleaning) and *Vrana Dahanashaka* (relief in burning pain) that helped in pain relief and wound cleaning with trial drug [8]. *S. leucopyrus* has wound healing anti-inflammatory activity so swelling was relieved within 7 days and enhanced the healing. The drug also has antifungal activity which was shown in-vitro study conducted at postgraduate level [9]. The drug also improves circulation at the affected part which plays an important role in wound healing and provides nutrition to the affected part. The take-away message from this case study is eczema with cellulitis can be treated with leaves powder of *S. leucopyrus* and sesame oil with minimum scar.

Conclusion

Leaves powder of *Securinega leucopyrus* mixed with sesame oil is effective in the management of *Vicharchika* (eczema with cellulitis) and further study is needed in more number of patients for its scientific validation.

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